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# SFU Emilie Mondor Spring Open Women's Results

## 04-02-11

Simon Fraser - Burnaby, BC

**100m Dash Heat #1**

Wind: -2.0

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Biagi, Anastaysia		UNATTACHED BRITISH COLUMB	13.08	-
2.	2.	Baker, Tia		COWICHAN VALLEY ATHLETIC	13.23	-
3.	10.	Hannah, Jillian		Dover Bay SS	13.67	-
4.	12.	Nijjar, Gagan		UNIVERSAL ATHLETICS CLUB	13.78	-
5.	17.	Carr, Delaney		COMOX VALLEY COUGARS	14.48	-

**100m Dash Heat #2**

Wind: -4.0

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	5.	Joyce, Adele		UNATTACHED BRITISH COLUMB	13.36	-
2.	6.	Klippenstein, Aisha		VALLEY ROYALS TRACK & FIE	13.48	-
3.	9.	Rhode, Mercedes	FR-1	Simon Fraser	13.62	-
4.	14.	Adande, Karin		NORWESTERS TRACK & FIELD	13.91	-
5.	16.	Broomfield, Robyn	FR-1	Simon Fraser	14.04	-
6.	18.	Huong, Jade		UNATTACHED BRITISH COLUMB	15.17	-

**100m Dash Heat #3**

Wind: -2.8

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	3.	Joyce, Elisa		UNATTACHED BRITISH COLUMB	13.30	-
2.	4.	Morgan, Grace		COMOX VALLEY COUGARS	13.32	-
3.	7.	Tran, Sophie	JR-3	British Columbia	13.52	-
4.	8.	Sutherland, Carolyn		LANGLEY MUSTANGS	13.56	-
5.	10.	Colville, Brittany	FR-1	British Columbia	13.67	-
6.	13.	Abrahms, Andrea	JR-3	Simon Fraser	13.89	-
7.	15.	Desch, Chantel		VALLEY ROYALS TRACK & FIE	13.95	-

**200m Dash Heat #1**

Wind: -1.6

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Coker, Alanna		Unattached	26.49	-

2.	2.	Biagi, Anastaysia		UNATTACHED BRITISH	26.79	-
3.	3.	Baker, Tia		COLUMB COWICHAN VALLEY	26.94	-
4.	4.	Morgan, Grace		ATHLETIC COMOX VALLEY	27.01	-
5.	6.	Tran, Sophie	JR-3	COUGARS British Columbia	27.13	-
6.	8.	Viney, Kendra	SO-2	Simon Fraser	28.35	-
7.	10.	Kent, Brittany		Coastal Track Club	28.81	-

**200m Dash Heat #2**

Wind: -2.5

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	5.	Joyce, Adele		UNATTACHED BRITISH	27.08	-
2.	7.	Desch, Chantel		COLUMB VALLEY ROYALS	27.41	-
3.	9.	Sjodin, Jasmin	SO-2	TRACK & FIE Simon Fraser	28.43	-
4.	11.	Crombeen, Charlotte	FR-1	Simon Fraser	28.89	-
5.	12.	Carr, Delaney		COMOX VALLEY COUGARS	29.48	-

**400m Dash**

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Crofts, Helen	JR-3	Simon Fraser	56.76	-
2.	2.	Sjoberg, Vanessa		Coastal Track Club	57.65	-
3.	3.	Smith, Jessica	SR-4	Simon Fraser	57.76	-
4.	4.	Kane, Brianna	SR-4	Simon Fraser	59.06	-
5.		Viney, Kendra	SO-2	Simon Fraser	NT	-

**800m Run Heat #1**

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	13.	Reid, Katie		KAJAKS TRACK & FIELD CLUB	2:25.32	-
2.	14.	Hutchins, Kathryn	FR-1	British Columbia	2:25.93	-
3.	15.	Balbosa, Chelsea		UNATTACHED BRITISH	2:26.52	-
4.	16.	Rajala, Amelia	SR-4	COLUMB British Columbia	2:26.95	-
5.	19.	Lennea, Kayla		VALLEY ROYALS	2:29.39	-
6.	20.	Hannam, Mikaela	FR-1	TRACK & FIE British Columbia	2:30.83	-
7.	21.	Bezdan, Jeanie		OCEAN ATHLETICS	2:30.93	-
8.	22.	Huang, Katie		British Columbia	2:33.42	-
9.	23.	Jackman, Francesca		VALLEY ROYALS	2:33.53	-
10.	24.	Kitsul, Leah		TRACK & FIE UNATTACHED BRITISH	2:37.43	-
11.	25.	Heisler, Ashley		COLUMB VALLEY ROYALS	2:38.66	-
12.	26.	Robertson, Madeline		TRACK & FIE UNATTACHED BRITISH	2:49.99	-
				COLUMB		

**800m Run Heat #2**

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	7.	Robinson, Maraiah	JR-3	British Columbia	2:19.08	-
2.	8.	Imlach, Brittany	SR-4	British Columbia	2:19.25	-
3.	10.	Vogt, Abby	FR-1	Simon Fraser	2:21.61	-

4.	12.	Gill, Jasmine	UNIVERSAL	2:24.71	-
5.	17.	Hearn, Ashley	ATHLETICS CLUB UNATTACHED BRITISH COLUMB	2:27.75	-

### 800m Run Heat #3

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Butterworth, Lindsey	FR-1	Simon Fraser	2:15.28	-
2.	2.	Van Den Bulk, Jeanette		Aspire Athletics	2:16.79	-
3.	3.	Kane, Michaela	JR-3	Simon Fraser	2:17.20	-
4.	4.	Vogt, Emma	JR-3	Simon Fraser	2:18.11	-
5.	5.	Brennan, Olivia	SR-4	Simon Fraser	2:18.14	-
6.	6.	Sawatzky, Sarah	FR-1	Simon Fraser	2:18.20	-
7.	9.	MACKENZIE, Kansas		VANCOUVER THUNDERBIRDS	2:21.60	-
8.	11.	Dell, Caitlin	FR-1	Simon Fraser	2:23.70	-
9.	18.	Carviel, Heather	FR-1	Simon Fraser	2:28.71	-

### 1,500m Run

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Siemens, Alexandra		VALLEY ROYALS TRACK & FIE	4:48.85	-
2.	2.	Allison, Katrina		VANCOUVER THUNDERBIRDS	4:52.06	-
3.	3.	Slinn, Heather	FR-1	British Columbia	4:59.62	-
4.	4.	Kondoh, Mari		UNATTACHED BRITISH COLUMB	5:04.35	-
5.	5.	Ginther, Alexandra		Coastal Track Club	5:04.96	-
6.	6.	Ratzlaff, Marissa		TRINITY WESTERN UNV	5:12.01	-
7.	7.	Gonzales, Bianca	JR-3	Simon Fraser	5:18.70	-
8.	8.	Ross, Sarya		VALLEY ROYALS TRACK & FIE	5:24.20	-
9.	9.	MACCARTHY, Madison		British Columbia	5:30.16	-
10.	10.	Bushe, Caitlyn		VALLEY ROYALS TRACK & FIE	5:51.75	-

### 5,000m Run

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Woodward, Maggie	FR-1	British Columbia	18:00.39	-
2.	2.	McCulloch, Cara	FR-1	British Columbia	19:02.79	-
3.	3.	Doerksen, Kim	SO-2	Simon Fraser	19:17.63	-
4.	4.	Allen, Kirsten	FR-1	Simon Fraser	19:28.45	-
5.	5.	Webster, Kristyn	JR-3	Simon Fraser	19:46.49	-
6.	6.	Palibroda, Emily	SR-4	Simon Fraser	19:52.89	-
7.	7.	Zimmer, Lissa	SO-2	British Columbia	19:53.69	-
8.	8.	McCormack, Jenny		British Columbia	20:25.55	-

### 100m Hurdles

Wind: -1.6

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Abdulai, Ruky		VALLEY ROYALS TRACK & FIE	14.96	-
2.	2.	Ellenwood, Georgia		LANGLEY MUSTANGS	16.02	-
3.	3.	Abrahms, Andrea	JR-3	Simon Fraser	16.10	-
4.	4.	Smithson, Shelby		LANGLEY MUSTANGS	18.26	-
5.	5.	Barnett, Rachelle	SR-4	Simon Fraser	19.63	-

**400m Hurdles**

PLACE	OVERALL	NAME	YEAR	TEAM	TIME	SCORE
1.	1.	Nano, Anne-Mari	JR-3	British Columbia	1:08.01	-

**4 x 800m Relay**

PLACE	OVERALL	TEAM	SQUAD	ATHLETES	TIME	SCORE
1.	1.	Simon Fraser	A		9:20.66	-
2.	2.	Simon Fraser	B		9:39.14	-
3.	3.	British Columbia	A		9:45.60	-

**High Jump**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Abdulai, Ruky		VALLEY ROYALS TRACK & FIE	1.70m	5' 7"	-
2.	2.	Smithson, Shelby		LANGLEY MUSTANGS	1.60m	5' 3"	-
3.	2.	Iworima, Diepiriye	SR-4	Simon Fraser	1.60m	5' 3"	-
4.	4.	Barnett, Rachelle	SR-4	Simon Fraser	1.55m	5' 1"	-
5.	5.	Padrinao, Jessica	SO-2	Simon Fraser	1.45m	4' 9"	-

**Long Jump**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE	WIND
1.	1.	Abdulai, Ruky		VALLEY ROYALS TRACK & FIE	5.92m	19' 5.25"	-	1.4
2.	2.	Sutherland, Carolyn		LANGLEY MUSTANGS	5.48m	17' 11.75"	-	1.6
3.	3.	Ellenwood, Georgia		LANGLEY MUSTANGS	5.32m	17' 5.5"	-	1.8
4.	4.	Rhode, Mercedes	FR-1	Simon Fraser	5.32m	17' 5.5"	-	1.1
5.	5.	Iworima, Diepiriye	SR-4	Simon Fraser	5.23m	17' 2"	-	1.8
6.	6.	Crombeen, Charlotte	FR-1	Simon Fraser	5.15m	16' 10.75"	-	1.6
7.	7.	Cook-Mackenzie, April	SR-4	Simon Fraser	4.89m	16' 0.5"	-	1.2
8.	8.	Broomfield, Robyn	FR-1	Simon Fraser	4.76m	15' 7.5"	-	1.9
9.	9.	Cywinska, Agnes	SO-2	British Columbia	4.74m	15' 6.75"	-	1.6
10.	10.	Barnett, Rachelle	SR-4	Simon Fraser	4.69m	15' 4.75"	-	1.6
11.	11.	Padrinao, Jessica	SO-2	Simon Fraser	4.59m	15' 0.75"	-	2.2
12.		Baker, Tia		COWICHAN VALLEY ATHLETIC	ND	ND	-	

**Triple Jump**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE	WIND
1.	1.	Klippenstein, Aisha		VALLEY ROYALS TRACK & FIE	11.35m	37' 3"	-	+0.0
2.	2.	Coker, Alanna		Unattached	10.75m	35' 3.25"	-	-0.5
3.	3.	Iworima, Diepiriye	SR-4	Simon Fraser	10.29m	33' 9.25"	-	-0.2
4.	4.	Crombeen, Charlotte	FR-1	Simon Fraser	10.23m	33' 6.75"	-	-1.9

**Shot Put**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Richardson, Jade	FR-1	Simon Fraser	11.05m	36' 3"	-
2.	2.	Hare, Rose		UNATTACHED BRITISH COLUMB	8.51m	27' 11"	-
3.	3.	Moro, Gabriella		UNATTACHED BRITISH COLUMB	7.99m	26' 2.75"	-
4.	4.	Padrinao, Jessica	SO-2	Simon Fraser	7.95m	26' 1"	-

**Discus Throw**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Covington, Asianna C.	FR-1	KAJAKS TRACK & FIELD CLUB	46.05m	151' 1"	-
2.	2.	Richardson, Jade		Simon Fraser	39.69m	130' 2"	-
3.	3.	Dosanjh, Prabhjit		UNATTACHED BRITISH COLUMB	32.34m	106' 1"	-

**Hammer Throw**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Covington, Asianna C.		KAJAKS TRACK & FIELD CLUB	52.40m	171' 11"	-
2.	2.	Kennedy, Samantha		KAJAKS TRACK & FIELD CLUB	49.26m	161' 7"	-
3.	3.	Juert, Christina		KAJAKS TRACK & FIELD CLUB	42.08m	138' 1"	-
4.	4.	Carr, Ryley		COMOX VALLEY COUGARS	39.17m	128' 6"	-

**Javelin**

PLACE	OVERALL	NAME	YEAR	TEAM	METRIC	ENGLISH	SCORE
1.	1.	Woodward, Krista		KAJAKS TRACK & FIELD CLUB	51.29m	168' 3"	-
2.	2.	Graf, Serena		KAJAKS TRACK & FIELD CLUB	39.75m	130' 5"	-
3.	3.	Byer, Selina		KAJAKS TRACK & FIELD CLUB	36.83m	120' 10"	-
4.	4.	Hare, Rose		UNATTACHED BRITISH COLUMB	22.53m	73' 11"	-
5.	5.	Moro, Gabriella		UNATTACHED BRITISH COLUMB	19.86m	65' 2"	-